

VITAL SIGNS

VOL VII No. 2

Naval Hospital, Orlando, Florida

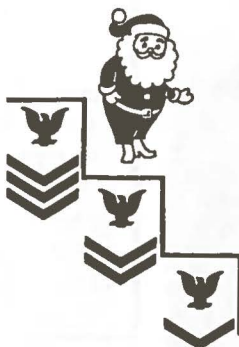
1 January 1984

Out of Santa's bag . . .

New rating badges



The Naval Hospital's new First Class, Second Class and Third Class Petty Officers were frocked by CAPT Herr on 8 December. Pictured with CAPT Herr and Master Chief Clements are the new E-6's (left to right): HM1 L. Verastegui, HM1 M. Stemmermann, HM1 S. Shunk, HM1 D. Schnarr, HM1 D. Downey and HM1 S. Boyce.



Pictured with CAPT Herr and Master Chief Clements are the new E-5's. Left to right (front row): HM2 P. Cszmadia, HM2 M. Grant, HM2 R. Lipat, and HM2 L. Stansberry. Back row: HM2 F. Head, HM2 W. McNeil, HM2 Z. Levine, and HM2 G. Zeller.



The new E-4's with CAPT Herr and Master Chief Clements - left to right: HM3 J. Bamberg, HM3 S. Gudahl, HM3 P. Findley, HM3 D. Downer, HM3 K. Cole, HM3 M. Bergs, and HM3 S. Batir.



Another group of E-4's, left to right: DT3 B. Launs, HM3 M. Lawhorn, HM3 S. Scott, HM3 J. Lawyer, HM3 G. Marquiz-Sterling, HM3 T. Word, HM3 E. Rigoroso, and DT3 E. Schepis.

Ho - Ho - Ho!

On 10 December, the children of the Naval Hospital staff, attended a Christmas Party at the NTC Annex Theater. They sang Christmas songs, saw cartoons, ate cup cakes and, best of all, met Santa Claus. After meeting Santa Claus, each child received a gift and a stocking of candy.

Sixty-eight children attended the party that was sponsored by the Naval Hospital's First Class Petty Officers' Association. The Association provided the funds and made the arrangements for the party. Others who contributed were, Dr. Ho Ho Ho Ascione and the spouses of Association members who provided cakes for the Bake Sales to raise money for the party.

WHOOOIZZIT



Do you know this staff member? The answer is on Page 8.

Farewell



On 16 December, CAPT Harry Candela, on behalf of the Commanding Officer, presented Betty Lyerly, his secretary, with a Letter of Appreciation. Present for the ceremony was her husband, Ken. Ken and Betty are leaving the Orlando area and heading for Alabama.

New CA's



A new class of Clinical Assistants moved into "The Front Line" health care providers at the Branch Clinic on 2 December. Present for the ceremony were, from left to right: CAPT McClurkan, CDR Carter, Coordinator, HN Biggins, HN Nixon, HM2 Wiser, HM3 Scott, HN Jordan, CDR Coy, Director, and CW02 Grizzle, Instructor/Coordinator.

American Red Cross

Volunteer hours



**for November -
1889 1/2**

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STETH - O - SCOOP

Vital Signs

By HM1 Bogan McQuigg, USN



What are you looking forward to in '84?



Doreen Lett, Records Management: "That we'll have a better world to live in and that people will be kinder to each other."



DT3 Elizabeth Schepis, Dental Department: "Just to have a happy, healthy, year."



Tom Van Ells, Food Service: "Good health and peace and tranquillity throughout the world."

Barbara Poole, Manpower Management: "Less TAD and an empty "IN" basket!"



HM3 Gary Holtgreffe, Laboratory: "This is my first year in Central Florida so I am looking forward to enjoying the area."



CAPT L. E. Nickerson, NC, Directorate for Nursing Services: "Retirement in a world at peace and Dallas winning the Super Bowl!"



Corrine Roy, Social Worker: "Good health and happiness for all my family and friends."

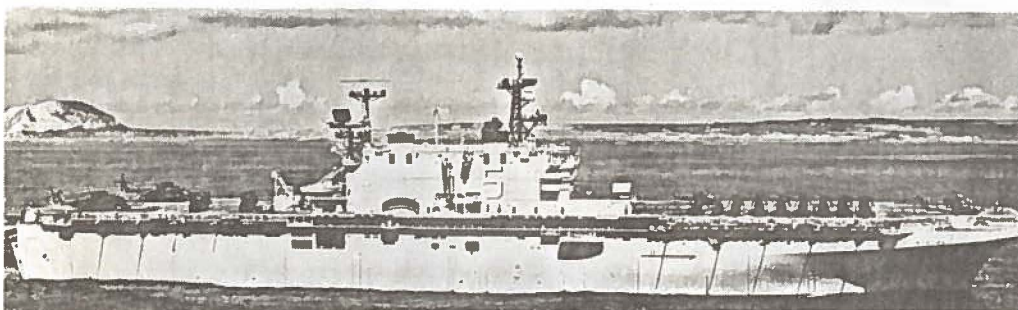


HM1 Bogan McQuigg, Nursing Services: "I hate to say goodbye, but I am looking forward to my school and whatever new challenges the Navy has in store for me."

Surgical Support Team on deployment



Surgical Support Team #14 recently returned from deployment aboard the USS PELELIU. The team members are: Left to right (front row): HM3 Jeffrey Saadat, HM3 Anthony Montgomery, HM2 Frank Bolanos, HM2 Anthony Savage, and HM3 Tony Sires. Back row: CDR M. K. Murphy, MC, HM1 Bogan McQuigg, HM2 Ronald Bue, HM3 Dale Haynie, HM3 Ken Roark, HN Robert Jasso and LCDR Thomas Twarog, NC.





On 9 December, CDR Murphy presented the ship's plaque from the USS PELELIU to CAPT Herr.



Column Coordinator: ENS S. E. DuLac, MSC, USN



LAB

LINE

CAPT P. E. Petit, MC, USN

Look in a mirror

A new year is upon us. This is a good time to take a look at yourself. The person in the article below did.....

"When I did my review, I didn't like what I saw. I had problems with people, places, and things. I had no idea of what feelings were. I rejected personal relationships. I felt inferior, yet acted superior. I had no self-respect. The only identity I had was my uniform. I drank! I drank to excess but that was OK everyone else that I associated with drank the way I did.

"In my mind, I didn't have a problem with alcohol. I had never had any disciplinary problems was never written up.... never had a DWI.... and most of my bills were caught up. I didn't wear a raincoat and live on the street. If only the world would change, things would get better.

"I am an alcoholic. I went through treatment and was introduced to the program of Alcoholics Anonymous. The world did not change. I did! Today, I don't drink! I am sober and alive. Today, life is beautiful ... and rewarding! This last year has been the best of my life! Today, I have a choice!"

Anonymous

If you have, or think you have, a problem with alcohol, contact the Substance Abuse Coordinator at X4926. Help is available, IF YOU WANT IT!



HMC Frank Adgate prepares to draw blood from one of the BE&E Students



... more precious than gold

Where do you think the blood and blood products we use, for transfusion, come from? If you have been around the second floor of the Branch Clinic on Tuesdays, you may have seen a few pale looking people, wearing a wrapping around their arm and a sticker that reads: "Be Nice To Me, I Gave Blood Today." These are usually students from the BE&E School of Service School Command. The Naval Hospital has a good friend in that organization who is Master Chief E. J. Dubois. He does an absolutely outstanding job of seeing that our blood donor needs are met. In addition, he has made a significant contribution in support of the Orlando community-wide need for blood. Donors, in excess of the Navy's needs, are channeled into the community blood program. The Naval Hospital and the Central Florida Blood Bank work very closely together, sharing resources and insuring blood availability for every need. We are extremely proud of the fact that we have never had to cancel or even delay a surgical procedure because of inadequate blood availability.

The Holiday Season is a particularly difficult time for blood banks. With the increased activity and traffic, there is usually an increase in the number of accidents and an increase in the need for blood. At the same time, people are often too busy to donate. Rest assured that we are in good shape this year. As usual, our friend has taken good care of us.



CAREER COUNSELOR'S



CORNER

HMC Patricia M. Johnson, USN

The Front Line

By HM1 Patrick Ferguson, USN

Bills, bills, bills

With the holidays behind us, most of us are now faced with the grim reality of digging out from under, financially, that is! The phrase "thrift is not only a virtue but, for some, a necessity," takes on a new meaning.

As a member of the Naval Service, you are expected to pay your just financial obligations in a proper and timely manner. The policy of the Department of the Navy is to promote habits of thrift and to encourage all members of the Naval Service to conduct their financial affairs in such a manner as to reflect credit upon the Naval Service.

Failure to pay just debts, or repeatedly incurring debts beyond one's means, is evidence of irresponsibility and may jeopardize your security clearance status, advancement status, duty assignment, qualification for reenlistment or extension of enlistment and, in aggravated circumstances, may become grounds for disciplinary action or administrative discharge.

Be wary of the "high pressure" salesman. Think carefully and seek advice before signing any agreement or contract. Never sign a blank contract and always multiply the number of payments by the amount to determine the total payment. Note particularly the penalty clauses.

If you did not seek or heed advice beforehand, or otherwise encounter difficulties in paying your debts, consult with the Legal Assistance Officer.

Branch Clinic Optometry

Do you get headaches when you read? Do words on traffic signs appear blurred to you? Are the glasses you are wearing a couple of years old and just do not seem to be aiding your vision as well as they did when they were new? Perhaps, you need an eye exam. The current waiting time for an appointment at the Branch Clinic Optometry Clinic is approximately 2 to 3 days.

The Clinic provides nearly 100 such exams a week for active duty and civil service personnel. Besides performing refractions the clinic also provides several special definitive exams such as slit lamp, visual fields, tonometry, etc. Many of these exams are done in support of Active Duty and Recruit Sick Calls and Physical Exams. Personnel in, or applying for, special programs such as Nuclear Power and Aviation Programs, require special attention. Personnel, who are over the age of 34 are automatically tested for glaucoma; an eye disease that occurs more frequently in people above that age.

If you are not having problems with your vision but your military glasses are uncomfortable, out of shape, in need of repair or if you need a second pair, the technician can repair, adjust or order a new pair for you.

The clinic staff members are: LT Dennis Wagner, LT Ira Davis, and HM2 Pamela Paige.

P.S. If you are having eye problems, don't make a "spectacle" of yourself! See an eye doctor soon!





NURSING SERVICES

Column Coordinator:

LT Joyce E. Dresher, NC, USN

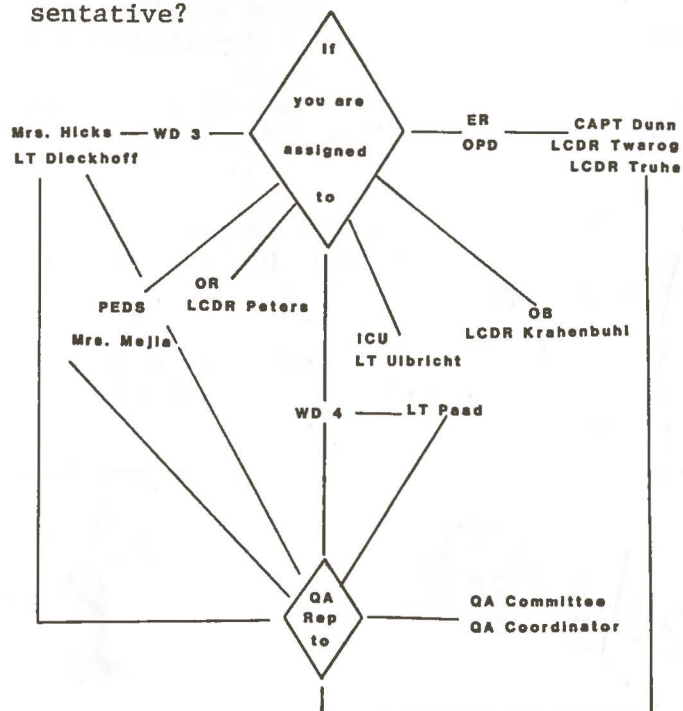


CHAPLAIN'S COMMENTS

LT Janell Nickols, CHC, USN

QA - Quality Assurance

What is QA? By definition, QA is a program that seeks to identify, assess and resolve problems that impact directly or indirectly on the quality of patient care. QA implies monitoring patient care activities, reviewing policies, stressing individual accountability and cost containment. How does QA work? Your QA Coordinator has many tools. Criteria based studies, documentation audits, peer reviews, analysis of incident reports and inspection results are only a few. Trends can be identified and recommendations made to those who have the authority to bring about change. What can QA do for you? By systematic problem identification, resolution and follow-up, actions may be implemented that will make patient care better and your job more rewarding. What can you do for QA? One of the main objectives of any QA program is the participation of each individual member. Small problems should be discussed and resolved at the unit level. Open lines of communication are essential. Should a problem be too extensive for unit resolution, many channels are available through your QA Committee. Who is your QA Representative?



"...and out of the new wood ..."

An admirer once asked Longfellow, the poet, how he sustained his high level of vigor and productivity. Answering, he turned to an apple tree standing in full view, its blossoms beautiful and fragrant. "That apple tree is very old," said Longfellow, "but I never saw prettier blossoms upon it. I've noticed that the tree grows a little new wood each year, and out of the new wood those blossoms come. Like the apple tree, I try to grow a little new wood every year, out of which my heart blossoms."

Many of us begin the New Year with high hopes of better days to come. We look forward to a "fresh start" on a year which we hope will be better than the one behind us. Then, a few months later, we realize that nothing is new - its the same old drudgery, and the only thing "new" in our lives are the new problems which have replaced the old ones!

What goes wrong? Why is it that we never seem to be able to make a new year a better year? I believe Longfellow had the answer. Too often, we want all the good things in life, the blossoms, if you will, but we forget that we need to change for the better ourselves in order for those blossoms to flourish. We need to be open to growth emotionally and spiritually, in our own lives, in order to have the "New Year" be truly "new!"

May God bless you all with newness in your lives throughout the New Year!

A sense of personal and collective responsibility and a commitment to the best possible patient care should be the goal that each of us strives for.

Only YOU can make QA work. Only a "nothing will ever be done" attitude can make QA fail!



Master Shipwreck

HMCM(SS) R. C. Clements, USN

Enlisted Advisor Program

With the reorganization of the Medical Department, Division Officers find themselves in a unique position compared to their counterparts at a typical Line Navy organization. Due to the functional roles such as long hours in surgery, clinics and conferences, it is sometimes difficult to dedicate sufficient effort necessary to ensure personnel in paygrades E-1 through E-6 receive the leadership essential for direction and control.

It is for these reasons, the Enlisted Advisor Program was established. Because of their vast knowledge, extensive experience, skill level and unique position within the organization, Chief Petty Officers and Senior First Class Petty Officers have been assigned as Enlisted Advisors to assist the Commanding Officer, Division Officers, Command Master Chief, and the Command Career Counselor.

Upon reporting, each E-1 through E-6 is assigned to an Enlisted Advisor who, among other things, will:

- meet periodically with member to discuss any problems
- ensure awareness and adherence to all regulations
- solicit suggestions
- promote advantages of a Navy career
- recognize superior performance and accompany individual to Mast, if indicated
- counsel member regarding Service Record entries and their significance
- encourage participation in advancement exams, off-duty education and sponsored recreational and sports events
- re-emphasize a sense of pride and responsibility and the vital role that each member plays in accomplishing the mission of the command.

My best wishes to all my "shipmates" for a happy and prosperous New Year. Make 1984 your year for Navy excellence in all of your endeavors.

Command Master Chief Feature

Meet another of our Enlisted Advisors



HMC Tony Ciaramitaro

Chief Ciaramitaro is the Leading Chief Petty Officer of the Ambulatory Care Nursing Department. Chief Ciaramitaro reported to the Hospital in June of 1983. He is married and he and his wife, Bunny, have two children: Paul, 13 years old, and Joe, 12 years old.

Chief Ciaramitaro is the Enlisted Advisor for the following personnel: HN D. Manning, HN J. Larocque, HA E. Evans, HN E. Luhtanen, HN W. Wright, HM2 J. Hatley, HM3 M. Gilbertson, HN J. Holmes, HN N. Abdellatif, HN C. Watkins, HA D. Cook, and HM2 J. Reich.

"THE hat"



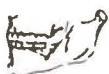
On 16 December, Craig R. Farmer, was frocked to his new rate of Chief Petty Officer. Master Chief Clements, on behalf of the Naval Hospital's Chief Petty Officers presented Chief Farmer with "the hat!" HMC Farmer is assigned to the Occupational Health and Preventive Medicine Department.

Just

A

Word from the
Skipper

CAPT A. Herr, DC, USN



CRA

NOTES



Looking ahead

Since I assumed command of this outstanding Naval Hospital, I have had the distinct pleasure of "frocking" a great number of petty officers. I have always felt that the petty officers are the backbone of the Navy. Years ago, when an enlisted man or woman put on that first petty officer stripe, they really had to jump feet first into the leadership role. But today, our personnel have the opportunity to attend the Petty Officer Indoc-trination Course before assuming the role of leader and petty officer.

We cannot put enough emphasis on the training and preparation to become a leader in the Navy. For those of you who are E-3 and below, now is the time to start preparing. Be observant - be aware of the things that affect others around you. Set an example. Be professional - know your job. Examine the qualities of other leaders. Be understanding and receptive to new ideas. Work to enhance morale of your co-workers. By constant effort, training, and the experience you will gain, you will build a firm foundation to become a petty officer of the U. S. Navy and a well trained leader.

Let's look forward, together, to the year 1984 with lots of advancements and lots of new leaders. It all has to start with YOU!

New HM2's



Newly frocked, HM2 Theresa Fisher poses proudly with CAPT Herr and CAPT McClurkan. HM2 Fisher is assigned to the Branch Clinic.

CRA BIRTHDAY GREETINGS TO: Nira Bailey, Sharon Brann, Victoria McDougall, and Betty White on 1 Jan; Veda Wilcox on 2 Jan; Peggy Billups and Larry Glenn on 5 Jan; Emogene Heismann on 6 Jan; Jean Long on 7 Jan; Janet Cuccia, Nancy Lawson, Juliana Wilson on 8 Jan; Virginia Harrison on 11 Jan; Chauncey Jackson on 12 Jan; Freddie Moore on 14 Jan; Juanita Lampan on 15 Jan; Willie McNair on 16 Jan; William Stokes on 18 Jan; Joseph Robichaud on 22 Jan; Betty Sheffield on 23 Jan; Elaine Billy, Dorothy Tarrant, and Richard Tichy on 25 Jan; Joseph Kee, Muriel Lovejoy, and Betty Mullen on 27 Jan; Jeanette Ison on 29 Jan; and Joseph Kinzler on 31 Jan.

WHOOOIZZIT

It's HML Patrick Ferguson, Leading Petty Officer of the RIF Optical Department.



Petty Officer Ferguson has been serving at the RIF Optical Lab since November, 1979. He is an alternate contributor for the column "The Front Line." HML Ferguson is married and he and his wife, Susan have two

children: Sean, 9 years old, and Jennifer, 7 years old.



On 16 December, HM2 Frank Thompson, Nursing Services, really had his new second class rating badge tacked on! Doing the honors: CAPT Herr and CAPT Reynolds.